

Welcome Home POWs

'America is Very Proud of You'



THE

JOURNAL

National Naval Medical Center, Bethesda, MD

Vol. 3, No. 10, March 14, 1991

There's no place like home

Comfort personnel receive rousing welcome



Photo by Ron Agnir

HM2 Gerald Brown greets his daughter, Katrina, and his wife, Doris, following seven month deployment aboard the USNS *Comfort*. Hundreds of family members and well wishers came out to welcome home the troops. (See story and photos, pages 10 and 11.)

Perspectives

By CAPT William R. Rowley, MC
NNMC Deputy Commander

"Try to see it — not with your eyes for they are wise, but see it with your ears... and hear it with the inside of your hand...Celebrate sensation!" — "The Fantasticks," a musical by Tom Jones.

Can you remember what breakfast tasted like today? Or did you gobble it down while reading the newspaper and watching TV? You probably don't even remember what you ate. When's the last time you really looked out the kitchen window or noticed the trees beside the road you take to work? Did you hear the music on the radio today,

or was it just background noise? Were you really listening to the patient (or fellow worker, or spouse, or child) you just talked to?

Most likely your mind was somewhere else, concerned with the worries of the day. How long has it been since you acted like a "kid" and did something silly and fun? Can you face your emotions, even when they are sad and painful? Instead, do you drown them out with alcohol or drugs?

We are going through life without experiencing it. We are so preoccupied with fears of the future, disappointments from the past or the stresses of our complex lives, we shut out the real world. As we grow up and develop our intellectual capacity, we let our

senses of sight, sound, touch and smell atrophy. They are still present, but without awareness.

We suppress our emotions and the ability to sense feelings in both ourselves and others. We are afraid to experience pain, sorrow and loneliness even though they are also essential to being truly alive and human.

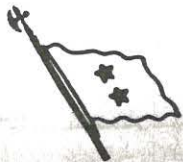
It is amazing that only dogs and small children can sense if someone is a friend. As people get older, they rationalize rather than feel. Being unaware of the feelings and emotional state of others leads to misunderstandings, divorces and even war.

We should become little children again. The sense of wonder and
See PERSPECTIVES, page 7



CAPT William R. Rowley

Letters to the Editor...



OPEN LETTER
TO
NAVY RESERVISTS ON ACTIVE DUTY AT
NATIONAL NAVAL MEDICAL CENTER
BETHESDA, MARYLAND

At the Change of Office and retirement ceremony for Assistant Chief, Bureau of Medicine and Surgery, Reserve Matters, Mrs. Roberts and I were privileged to be "piped over" by an extraordinary show of love and caring by a hallway of flags of every state in the United States and its four possessions. At the end was the flag of the state of Louisiana, the state in which we reside. Every flag was attended by a Navy Reservist, and the Louisiana flag by a fine gentleman from Alexandria, Louisiana. This was an extremely sensitive and loving demonstration of support by all of you at a time when so many of you have had your lives disrupted severely as you proudly affirm your "Twice a Citizen" loyalty to this fine Navy and our great country.

Thank you all, and may God bless you and offer a speedy return to a normal existence.

JAMES G. ROBERTS
RADM, MC, USNR

WORTH REPEATING

"Never before has our leadership been so crucial, because while America has its eyes on the future, the world has its eyes on America."

—George Bush,
U.S. president

"We have an obligation to try and make the world safer and an obligation to stand up for democracy. But we have an equally sacred obligation not to let wishful thinking endanger the freedom and safety we all now enjoy."

—Dick Cheney,
secretary of defense

"In America, public opinion is the leader."

—Frances Perkins,
former secretary of labor

"Only one military organization can hold and gain ground in war — a ground army supported by tactical aviation with supply lines guarded by a navy."

—Gen. J. Lawton Collins,
U.S. Army

The
Journal

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Creations double as hobby and job



Photo provided by DT2 Lisa Gould

DT2 Lisa Gould in her costume as Vincent from "Beauty and the Beast."

By Hilary Adams
Journal staff writer

Many of Lisa Gould's friends can't understand why she likes to get ugly. She has made herself look green, yellow and purple. She once used silicone rubber and fake blood to recreate a hand slashed by a knife. When her co-workers started gasping, she knew they were convinced it was real.

"A lot of people ask me why I like to do such horrible things," said the second class dental technician who works at the National Naval Dental Center. Gould is a self-taught make-up artist who likes to deal in the unusual and macabre. Her idea of getting made-up consists of cuts, burns and a little blood, not lipstick, rouge or powder.

Gould's interest began when she started watching the television series "Star Trek — The Next Generation." She frequented "Star Trek" conventions dressed as the intelligent android

Data, known for his iridescent-like skin she easily re-created with theatrical make-up. Then the series "Beauty and the Beast" premiered on TV. That's when she fell in love with the furry lead character, Vincent.

"The biggest kick for me is people are convinced it's real. The bottom line is that I really enjoy it when you see reactions from other people," said Gould, when she undergoes the metamorphosis from Lisa to Vincent. The process takes roughly 20 minutes, from prosthetic snout-mask to monkish clothes and lion hair.

Gould as Vincent, has even competed in a number of science fiction conventions receiving kudos from professional costumers and make-up artists. To the adulation of "Beast" fans, Gould was featured as Vincent in a December cover of the "Weekend" section of the Washington Post, posing amid storm drains as the Cro-Magnon-like beast. She has also placed first in contests of workmanship, make-up and presentation.

Gould, who only stands at 5 feet, 5 inches, can take on the persona and robust physique of Vincent when she gets into character at a convention full of eccentric aliens.

"I've been told that I have the movements and gestures down pretty well," she said. Gould, like other "Beast" fans, logged in many hours watching the series that ran for two years, but wasn't emotionally devastated when the show was taken off the air after the death of Vincent's girlfriend, Katherine ("Beauty").

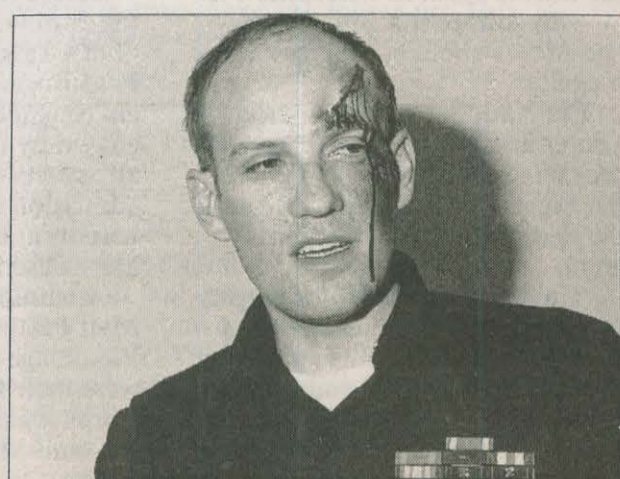
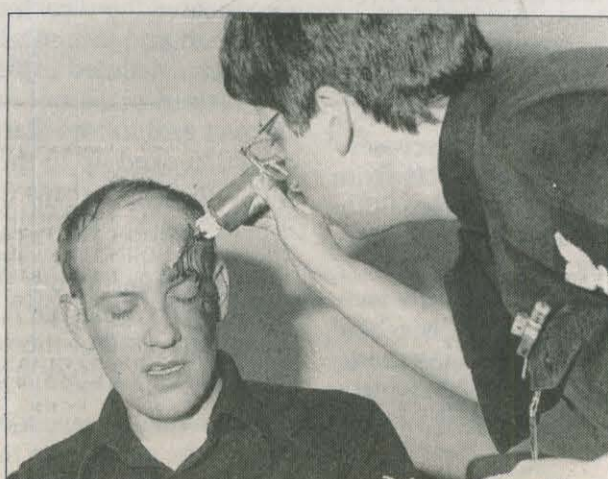
"Once I got a call from a woman at 11 o'clock at night long after I was in bed telling me the show had been canceled. She was upset," Gould recalled. For some of these people, Gould said, there is a threshold where the adoring fan becomes a little too passionate with their obsession of some of the characters, particularly in the case of Star Trek fans. "I have a life," she chuckled.

Moulage artist

While not in character as Vincent, Gould assists Staff Education and Training (SEAT) as part of an Emergency Medical Technician (EMT) course that trains EMT's to respond to real-life situations.

Equipped with derma-wax, liquid latex, oil-based theatrical make-up and a recipe for blood (one part Karo syrup, one part glycerin and red food coloring, she goes to work as a moulage artist, making gaping wounds, bloody gashes to the head, and burned flesh like that of hot dog skin when it has been blackened and charred.

See CREATIONS, page 9



Photos by Lauren Lee Salgaller/The Journal

DT2 Lisa Gould begins the transformation of HM1 Dave Marshall. Gould lends her talents to the upcoming disaster drill March 28.

Health & Fitness

Tour prepares children for surgery



Photo by Kevin Sforza/The Journal

Recovery room nurse Catherine Green hooks up Matt Pastore to the ECG machine. Watching is Meghan Pierce.

By Kevin Sforza
Journal editor

For a child, spending time away from home can be a frightening experience. When the time is spent in a hospital bed — with strange machines, doctors and nurses about — the fear may magnify.

The National Naval Medical Center and the Medical Corps Officers Wives Club are helping make the experience a pleasant one with the Pediatrics Pre-Surgery Program.

"Children scheduled for surgery here, and their families, tour the facility," said MCOWC volunteer Kathy Sullivan. "The tours take place the first Sunday of each month at 2:30 p.m. beginning in the Pediatric Clinic Conference Room.

"The program, started in August 1989, includes stops in the recovery room, the pediatric floor and the operating room. They get to meet a recovery room nurse, one of the anesthesiologists and, sometimes, a doctor."

Before the tour gets underway, the families view a short film titled "Let's Talk About It" featuring Fred Rogers of PBS-TV's Mr. Rogers Neighborhood. The film, purchased by the MCOWC, discusses all aspects of the hospital stay from admission through discharge. Both parents and child also receive literature describing the hospital stay.

Attending the March tour were Matt Pastore, age 10, and, Meghan Pierce, age 6. Accompanying them were their fathers, retired Marine Corps Master Sergeant Mike Pastore and Major Merrill Pierce, USMC.

In the recovery room, they met

Catherine Green, RN, and Lieutenant Commander Bill Allen, NC, an anesthesiologist. Green, said Sullivan, has been greeting patients and families since the program began in August 1989.

Taking both youngsters aside, Green gave them each an operating room hat and face mask. Green then gave detailed explanations of the various machines used by the doctors and nurses. Each child took a turn hooked up to the electrocardiogram, which reads the heart, and the pulse oximeter, which checks the oxygen in the blood.

While pointing out the equipment, Green told the fathers that from the moment the youngsters leave surgery nurses are with them.

Following Green, Allen demonstrated the anesthesia machine. First, he gave Matt and Meghan hand-held replicas of the anesthesia

mask. He showed how it fits over the face and explained how the drug would affect them, saying it's "OK to be nervous, OK to be scared."

Allen let the parents know when their children go to the operating room they could accompany them as far as the holding area. Before leaving the recovery room, both Allen and Green made sure both parent and child understood everything described to them.

Returning to the conference room, Sullivan, a former pediatric nurse at Children's Hospital, Boston, displayed an intravenous system and explained its use.

Sullivan, who also taught pediatric nursing at Boston College, said the program was important. "Research has shown this type of program has better prepared youngsters psychologically for their upcoming surgery."

"A lot of credit for this program should go to Commander Perry W. Stafford, MC, the pediatric surgeon, and Christine Pollard, another MCOWC volunteer," Sullivan added. "They coordinated the program and put it into operation within two months."

Sullivan said Perry had worked with a similar program at the Portsmouth (Va.) Naval Hospital.

Asked if the tour gave him a better knowledge of what to expect, young Matt replied he was ready for his operation. His father agreed saying "This program will help. I'm sure Matt won't be scared when the time comes."



"Doctor Bear" is the mascot of the Pediatric Pre-Surgery Program.

Health & Fitness

Navy Nutrition Month

Fiber beneficial to daily diets

By LCDR Jeanine O'Rourke, R.D.
Special to The Journal

The evidence is overwhelming: FIBER IS IMPORTANT in your daily diet. Studies have pointed out the benefits of a high fiber diet, including:

1. Lowers cholesterol levels.
2. Controls weight by giving you a feeling of fullness causing you to eat less.
3. Helps to control diabetes.
4. Creates a softer stool, allowing for easier bowel movements, less constipation, hemorrhoids and possibility of diverticulitis.

Fiber is not magical. We know that it works by not being absorbed — human intestines are incapable of this. While in the digestive tract, it is thought to prevent the effects of toxins which may be found on or in foods. Also since fiber holds water in the intestine, it keeps the stool soft and allows for easier bowel movements.

It is very important that you add fiber to your diet, but increase it gradually. You must also drink at least eight cups of fluids a day. Recently there have been several reports of individuals needing bowel surgery because their high fiber intake and low fluid intake caused a bowel obstruction.

What is a recommended amount of fiber? Americans should get 20-30 grams of fiber a day in their diets. Currently they eat about only 10 grams. Consider your diet — are you in need of fiber? When deciding what high fiber foods to add, make sure you use the amounts listed as dietary fiber for calculating the fiber in your diet.

Dietary fiber is fiber that the human digestive tract cannot break down. It provides the health benefits discussed above. Crude fiber amounts may instead be listed on a label. This is the amount of fiber left after a laboratory has done a procedure called chemical extraction. Crude fiber represents a

smaller amount of fiber.

The list below contains the dietary fiber content of selected foods. If counting gram amounts is too much for you during your busy schedule, remember that legumes have the highest amount — an average of about 5.7 grams per ½ cup, fresh fruits and whole grain products are next best with an average of about 3 grams and 2.5 grams per serving. Specific products can vary widely as to their fiber content, read labels whenever possible.

3.0 Grams

- 1 cup all bran cereal
 - 1 small apple
 - ½ cup broccoli
 - 1 medium carrot
 - 1 ear corn
 - 1 medium potato with skins
- ### 1.5-3.0 Grams
- 1 banana (medium)
 - ½ grapefruit
 - ½ cup beets
 - 2 tablespoons peanut butter
 - 1 slice whole wheat bread



0-1.5 grams

- 1 cup lettuce
- 2 tablespoons raisins
- ½ cup brown rice
- 1 stalk celery
- ½ cup green beans

Education prevents poisonings, saves lives

By JOSN Kathleen L. Warring
Journal staff writer

It looks harmless, innocent. Sometimes it heals, cleans, or provides several helpful services. It comes in all shapes and sizes, liquid or solid. It comes packaged in brightly colored boxes and bottles of every kind. It's poison.

During Poison Prevention Week, March 17-23, a pamphlet and poster display is set up outside the National Naval Medical Center's (NNMC) Pharmacy. The display will provide passersby with tips about how to avoid and resolve poisonings. The Pediatrics clinic here will observe the week in a similar manner.

Poisons, said Lieutenant Commander Joseph O. Lopreiato, director of Pediatric Student Education at the National Naval Medical Center (NNMC), enter the body through ingestion, inhalation or absorption through skin contact.

Helping keep children safe from poisons is an important goal of the week-long program. "Child-resistant caps, if used properly, help prevent accidents," said Lopreiato. He also stressed the importance of keeping emergency telephone numbers readily available.

Poisonings are preventable, said Lopreiato. "Through education, the public can learn potential poisons and how to poison-proof their homes. In this manner we can significantly decrease the number of poisonings that occur."

"It's important to keep a list of emergency

phone numbers where you can find them quickly. The first point of contact should be the poison control center at 202-625-3333," said Lopreiato. "The center is a referral and treatment advice center," said Lopreiato. "NNMC is a treatment center for poisoning cases."

"During the day the Pediatric Acute Care Clinic (295-4950) can provide assistance, during the evening the emergency room (295-4810) can help. 911 is another emergency number available," he added.

Most poison cases in children result from household items, said Rose Anne J. Soloway. Soloway acts as the Educational Coordinator of Public Relations for National Capital Poison Center at Georgetown University Hospital. Cosmetics, cleaning substances, pain relievers, plants and cold medications prove the greatest threat to children, she added.

The 1989 Annual Report of the American Association of Poison Control Centers National Data Collection System revealed informative figures. The American Journal of Emergency Medicine published the report in their September 1990 issue. Of the 1,581,540 cases reported, 46.3 percent involved children younger than 3 years. Sixty-one percent of reported cases occurred in children younger than 6 years.

Children don't stand alone in the poison risk group, according to the report. The next highest risk group, 18-64 years, accounted for 17.8

percent of reported cases. This group primarily suffers poisonings from pain relievers, cleaning substances, and prescribed medications. Prescribed medications include sedatives, depressants, anti-depressants, etc. Food poisonings, bites and stings accounted for the remaining common causes of poisoning, said the report.

The National Capital Poison Center provides treatment advice. Physicians toxicologists and specially-trained registered nurses dispense information to callers 24-hours a day, 7 days a week. Treatment for various poisons and contacts varies.

According to Saloway, the poison center provides routine telephone follow-up. This means safe treatment at home becomes possible in 75 percent of all poisonings. The center refers cases untreatable at home to the closest medical facility, she said. The poison center provides medical facilities with treatment guidelines. The center offers research and educational programs for doctors, nurses and paramedics.

Children can't tell the difference between poisons and non-poisons. "Mr. Yuk" stickers can teach children a product is not a toy or food or drink. "Mr. Yuk" stickers, available by mailing a business size self-addressed, stamped envelope to Poison Center, Georgetown University Hospital, 3800 Reservoir Road, N.W., Washington, D.C. 20007, come in sheets. The first sheet is free. The Poison Center requests donations for additional sheets.

From The Chaplain . . .

By LT Arthur Slagle, CHC
NNMC Pastoral Care Service

Thus saith the Lord; refrain thy voice from weeping, and thine eyes from tears: for thy work shall be rewarded, saith the Lord; and they shall come again from the land of the enemy. And there is hope in thine end, saith the Lord, that thy children shall come again to their own border (Jeremiah 31:16,17).

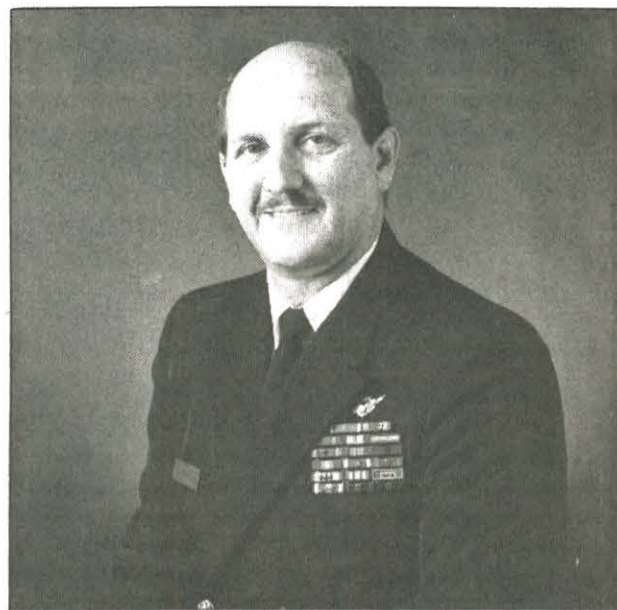
This week we have seen the fulfillment of the prophet Jeremiah's words as it applies to the return of Marines, airmen, soldiers and our own sailors from the USNS *Comfort* in support of Operation Desert Storm.

Long awaited reunions are now taking place in airports, hospitals and military bases scattered throughout this country. We look about and see the American flag waving briskly from flag poles. In front of many homes, trees and poles are decorated with yellow ribbons as a

reminder of the tremendous support this country gives to its troops. The words "welcome home" echo from the thousands of men, women and children who stand by to meet their loved ones.

With joy unutterable, husbands, wives, parents, friends and children come together after long months of separation. The days of hope and fear are ended. The seed sown with tears and prayers may have seemed to be sown in vain, but their harvest is reaped with joy at last. Their children have been redeemed.

Let us take time to give thanks to God for those who have returned safely, prayers for those who will not return and continued blessing on those whose journey is not yet complete. As one former POW stated, "God saved us, our families prayers strengthened us and your support encouraged us." To you all we say "Well Done, thy good and faithful servants" and welcome home.



LT Arthur Slagle



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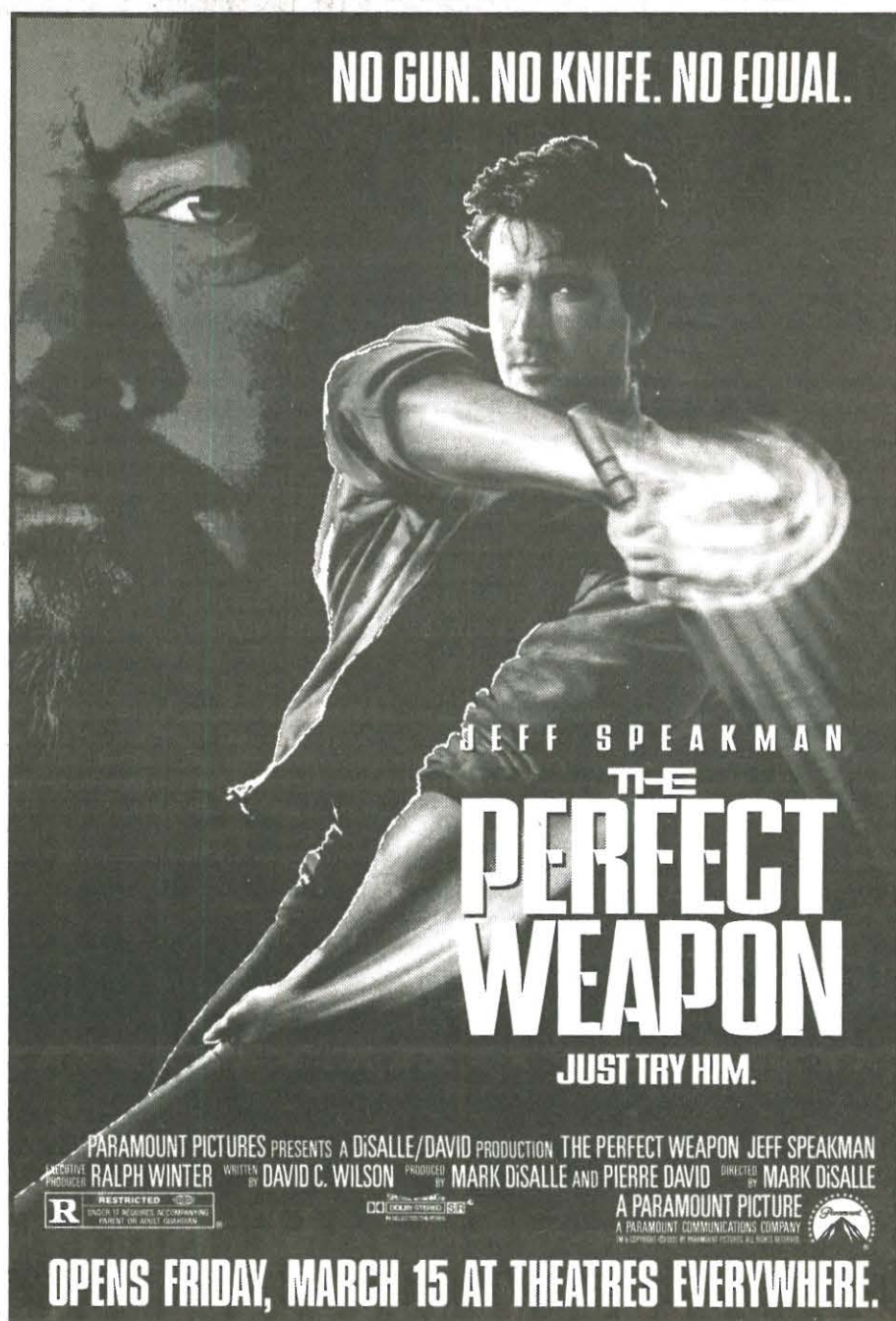
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PERSPECTIVES, from page 2

feeling of joy — even for the simplest things — is locked up inside us too. Don't you have an urge to walk barefoot in the grass, run in the rain, make snow angels or swing at the park?

We should listen to the wisdom of our bodies. It tells us when we've eaten enough, need rest, are exercising too hard, or need to take time to relax and to heal. We should pay attention to the guidance of our intuition as it is wise counsel for dealing with the world.

When I go backpacking in the Sierra wilderness, strange things begin to happen. I thoroughly enjoy a simple lunch of a couple crackers with peanut butter — actually savor the taste — and feel

satisfied. The schedule of going to bed, waking up, eating, and hiking is according to what my body tells me. I am relaxed and at peace even though there is much physical stress, uncertainty and even risk. I feel at one with the world and my senses are heightened to the smells, sights and sounds around me.

Unfortunately, after coming home I manage to turn the world off again in about two days. Even so, I now realize how much more there would be to life if I could keep my awareness focused on the present.

How can you enjoy life to the fullest? The first step is being aware that you are suppressing your senses and emotions and thereby robbing yourself of much of the

pleasure and meaning of life. The next step is the desire to change. Take action. Learn how to relax. One way is to lie on the floor, close your eyes, take a few slow, deep breaths and concentrate on relaxing each part of your body. You can feel the tensions leave your muscles.

For a few minutes JUST BE. Drift wherever your feelings lead you. Turn off your concerns about the past, the future or how others might see you. Become aware of what you smell, see, hear and touch. Relish your feelings and emotions of the moment even if you are depressed or in pain.

Take time to live life to the fullest NOW. Not when you get

home tonight, or when you're out of debt, or after you've retired and finally have the time. Life is too temporary to wait. Live in the present and let all the wonders, problems, joys and agonies speak to your spirit. Life doesn't happen after you've arrived. It happens along the way.



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News Currents

Enlisted Submarine Birthday Ball

The Enlisted Submarine Birthday Ball will be hosted by the National Capital Enlisted Submarine Birthday Ball committee on Friday, April 12 at the Marriott Crystal Gateway Hotel in Crystal City.

The ball will mark the 91st anniversary of the U.S. Submarine Force. A festive evening is planned including dinner, dancing and camaraderie among friends of the submarine force. All active duty, retired military and civilian personnel are welcome. The cost is \$20 per person and reservations must be made by March 22. For more information and reservations contact YN1(SS) Eddie Robles or SKC(SS) Michael Suehring at 703-602-3480/81 or 703-602-1498.

"Songs of Tall Ships"

Jeff Warner and Jeff Davis will perform "Songs of Tall Ships: A Sampler of Maritime Music" at the Navy Museum Tuesday, March 19 at 7:30 p.m. This free concert features nautical music and songs made popular by sailors and shantymen of the 19th century. The event is free and open to the public. For reservations and information please call 202-433-4882.

TROA luncheon scheduled

The next meeting of the Montgomery County Chapter of The Retired Officers Association will be a luncheon Tuesday, March 19 at 12:30 p.m.

On the program is a behind-the-scenes look at the Olney Theater. Speaking for the theater will be Lisa McKillop and Melissa Collins who will discuss the upcoming season.

For more information on attending the meeting, or on the chapter, call retired Army lieutenant colonel J.J. Bradley, chapter hospitality chairman, at 301-384-4265.

Easter Sunrise Service

The traditional Easter Sunrise Service will be held at the Arlington National Cemetery on March 31 at 6:30 a.m. The service is non-denominational and is conducted by chaplains of the Army, Navy and Air Force. A pre-service concert by the U.S. Navy Band and Sea Chanters will begin at 6:15 a.m. Free parking and shuttle service will be provided from the visitors center beginning at 5:30 a.m. For additional information, call 703-695-4584.

Signal Corps Association meeting

On Friday, March 29 the Albert J. Myer chapter of the Signal Corps Regimental Association will hold its quarterly meeting at 1:30 p.m.

in the Fort Myer Recreation Center (Building 405). Chapter officers will be elected and Captain Phillips will discuss camera operations during Operation Desert Storm.

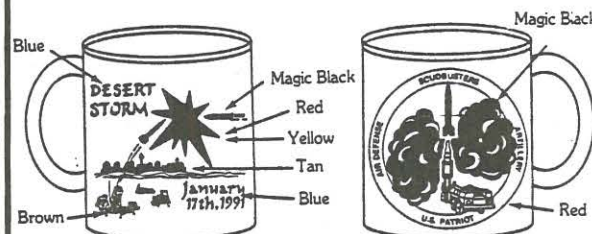
All personnel associated with the Signal Corps — past or present — are invited to attend. For further information, call Captain Brown at 202-475-1412/59.

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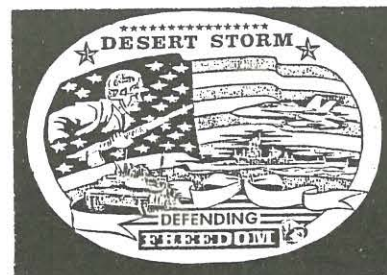


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Uniform Qs & As

WASHINGTON (NES)..The following are some of the more commonly asked questions on the wearing of uniforms:

Q. If an individual goes to captain's mast and the case is dismissed, do they continue wearing gold?

A. Yes, but if any non-judicial punishment was received, they lose the right to wear gold.

Q. An individual wears a silver star after the sixth award on a ribbon. What is worn after the seventh award?

A. A silver star centered, and one gold or bronzed star worn on wearer's right, whichever is authorized for that ribbon.

Q. When were the smaller rating badges and service stripes authorized for women? Can the larger (men's) be worn by women?

A. The smaller rating badges were required for women in 1981. The smaller service stripes became mandatory in November 1987. Women wearing the men's style pea-coat will wear the men's (large) rating badge.

Q. What size are the stars on the miniature medals, and what is their proper placement?

A. Stars are 1/8 inch except bronze and silver oak leaf clusters and numerals which are 5/16 inch. They are worn centered on the ribbon.

Q. Can my command require the wearing of name tags?

A. Yes, if the command provides name tags for all hands.

Q. Can I wear a web belt with certified Navy twill summer whites for inspection, or must I wear a cloth belt?

A. Yes, the web belt is an authorized belt with any uniform at any time. If a cloth belt is worn, the material of the belt must match the material of the uniform.

Q. Can I wear a vinyl combination cap cover?

A. Yes. Vinyl cap covers may be worn optionally unless the fabric cover is prescribed.

Q. What is the order of precedence of the recruiting service ribbon?

A. The recruiting service ribbon is worn directly after the Navy and Marine Corps overseas service ribbon.

Q. Can I polish my medals/insignias?

A. No. Medals are not to be polished. Insignias will not be polished to the degree that the basic details of the standard insignia are defaced or removed.

Q. Can a female wear a crew neck tee shirt with summer whites?

A. Yes. Navy Uniform Regulations state: "Undershirt: made of white cotton or polyester/cotton. May be sleeveless and have a V-neck or crew neck. Crew neck shirts must be worn with all uniforms aboard ship and in areas where industrial or fire hazards exist." Unless otherwise prescribed, it is implied that all personnel have the option to wear the V-neck or crew neck undershirt.

(Reprinted from The Tideings, Naval Air Station Bermuda.)

CREATIONS, from page 3

Gould said an average class of 35 students will use nearly a full gallon of blood, depending upon the injuries involved. Just as important, the story behind the injuries must be legitimate as well. Often, instructors of the course fictionalize a catastrophic scene. A boiler explosion, car accident or a hot frying pan thrown to the head. Name any injury and Gould can make it look like the real thing.

"The point is, they (EMT's) have to really look for the injuries. Sometimes, 'The Friday the 13th' look is okay, but I like the subtle stuff," she said.

For Gould, the challenge lies in making an injury appear so subtle that the technician may not notice immediately. For instance, a head injury may incur cerebral spinal fluid to trickle

out of one ear, or a boiler explosion would allow metal dog tags to convey heat to the skin, causing a slight burn to the skin. The students are evaluated by instructors on whether they can detect these injuries quickly.

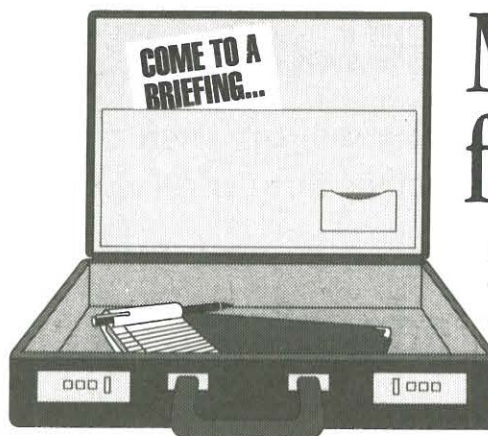
"This is the only time these people will work in a controlled environment as a team, so it's important that we make everything look real," said Hospital Corpsman First Class Dave Marshall, of SEAT who collaborates with Gould.

Marshall is one of Gould's favorite victims because he has a high forehead for head injuries. Once, Marshall forgot to remove the makeup Gould had applied and drove home with a bleeding head gash, almost causing an accident on Interstate 270. "People just did a quick take, the injuries looked so real," he said.

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Crime in Commerce • Thursday, March 28

Human Resources Management • Wednesday, March 27

Management Information Systems • Tuesday, March 26

Organizational Management • Wednesday, March 27

Security Management • Thursday, March 28

Telecommunication • Thursday, March 28

Legislative Affairs • Tuesday, March 28

at 5:30-6:30 pm, Hall of States, 444 N. Capitol Street Room 239, Washington, DC

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Comfort personnel return

Photos by Ron Agnir, HM2 William H. Young/MedPhoto and JO2 Ron Henning



HM3 Kevin Mull gets a hero's welcome from family members.



Merle Scheibel comforts his sister, Debi Teuteber, learning their brother, HM3 Kevin Scheibel, wasn't on the ship. Happily, however, Kevin arrived on the next scheduled

By Bill Yates
Journal staff writer

Hundreds of family members and friends, some waving American flags, others hoisting homemade "Welcome Back" signs, erupted into frenzied cheering Saturday night. The outburst was prompted by the arrival of the first four bus loads of National Naval Medical Center (NNMC) sailors returning from deployment aboard the hospital ship USNS *Comfort*.

The outburst was short-lived, as the crowd, led by the lights of a half dozen television camera crews, surged from in front of the hospital lobby toward the buses on the street. Mothers and fathers, siblings and spouses, conducted their own individual searches, most of which concluded in tearful embraces designed to exorcise the demons wrought by six months of constant worrying.

"We're glad he made it home and we're proud that he's our brother," said Carlos Lorenzo after finding Hospital Corpsman Second Class Angel Lorenzo amid the red-white-and-blue chaos. "He's been over there since the beginning. It's been a crazy time."

Carlos Lorenzo made the five-hour drive from Newark, N.J., with his wife, Elizabeth, and his brother Gabriel. Gripping the hand of his sister-in-law while beaming a broad smile beneath his *Comfort* ball cap, Angel Lorenzo came quick with his answer as to what he missed most during his time aboard ship.

"My family," he said without hesitation. "I didn't expect them to be here. It's the best homecoming present I could imagine."

Saturday night's returnees, who flew into nearby Andrews Air Force Base aboard military transport planes, included more than 150 NNMC sailors. Similar arrivals Sunday morning, Sunday evening and Monday night pushed the extended weekend total of NNMC returnees to near 700, almost three-fourths of the medical contingent deployed aboard the *Comfort*.

Inside the hospital lobby Saturday night, the four-man Navy group "Topside" cranked out spirited electric jazz and rock tunes as the returnees, dressed in civilian clothes, mingled with family and friends. Multi-colored balloons hung in the air as people moved through the shoulder-to-shoulder crowd hoping to catch a glimpse of a returned comrade.

Just inside the door, opposite a table supporting a cake iced with the words "Welcome Home Crew of USNS *Comfort*," returned Hospital Corpsman Second Class Gerald Brown stood with his arms full, seemingly unable to speak.

Swathed in a pink blanket nestled in Brown's arms, three-month old Katrina Elaine Brown looked up, returning her father's gaze for the first time. Proud smiles shone from faces all around, with well-wishers continually coming up to Brown and his wife, Doris, hoping to bask for a moment in their happiness.

Throughout NNMC, the word was out; the family is finally getting back together.

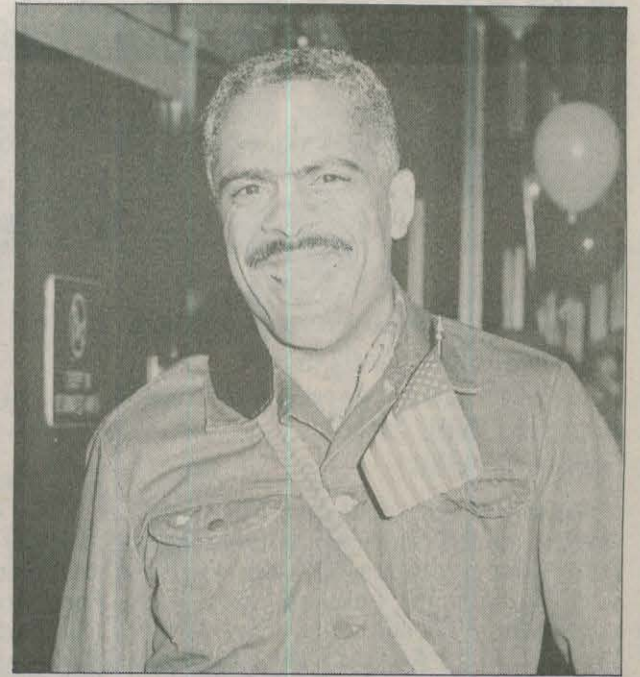


LCDR Robert Aitkin hugs daughters Rebekah, 6, and C

Home from Persian Gulf



Relatives, friends and well wishers gathered in the hospital's lobby to welcome home Comfort's personnel.



LCDR Kelvin C. James, CHC, sports flag, smile.



Patrick Bosse's sign is designed to catch his dad's eye — CDR Michael Bosse.



LTJG Mark Ulrich is introduced to his daughter, Alexa Nicolle, by wife, Lisa.

rg after
the bus.
bus.

Christi, 8.

Advertising Section

DINING & ENTERTAINMENT



DINING

Bethesda Metro Center Food Court

3 Bethesda Metro Center

Crossroads Old Georgetown Road & Wisconsin Avenue

Bethesda, Md. 20814

(301) 652-4988

Visitors to the Bethesda Metro Center Food Court are greeted by a dazzling variety of treats, temptations and delights from around the world. From Chinese Hunan Chicken to Texas barbecue, Middle Eastern shish kebab to authentic Italian calzone — the Food Court offers something for everyone's tastebuds. The Food Court restaurants include: Panda Cafe, Vittorio's Pizza & Pasta, Baguette Express, Everything Yogurt, Burger King, Kebab Bar, Mediterranean Carryout, Mrs. Field's, Texas Cattle and Bojangles.

The Boeymonger

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(301) 718-9550

The Boeymonger is a unique delicatessen born and raised in Washington, D.C. Established 17 years ago in Georgetown with a second location in Chevy Chase and a new Bethesda branch. Specializing in sandwiches, salads and desserts to fit the appetites and pocketbooks of families, students, business people and senior citizens. All locations open 7 days a week for breakfast, lunch and dinner. Catering and call in orders accepted anytime. Boosters, highchairs and congenial help always on hand to serve you.

Le Marmiton

4931 Cordell Avenue

Bethesda, Md. 20814

(301) 986-5188

Innovative French cuisine—that's what you'll find at Le Marmiton. With a menu comparable to any restaurant downtown, they are reasonably priced. Although the menu changes daily, some specialties include lamb with ginger, dover sole fish, soft shell crabs a l'orange and seafood sausage. Owners Andre Gamard and Anne Leaver have given Le Marmiton a comfortable, intimate atmosphere. The service is personal, knowledgeable, gracious and a favorite of many regular Potomac residents.

Shakey's Pizza

4650 East West Highway

Bethesda, Md. 20814

(301) 652-4844

The Shakey's Pizza Restaurant in Bethesda is located on East-West Highway at Wisconsin Avenue. They feature a luncheon buffet, delicious pizza, and ice-cold beer. Children's birthday parties are a specialty. Their new interior is bright and fresh with plenty of individual and group seating. They've added an outdoor patio for fresh air dining. New Bethesda traffic patterns make it easier than ever to reach Shakey's, always with free parking directly behind the building.

Starting March 18
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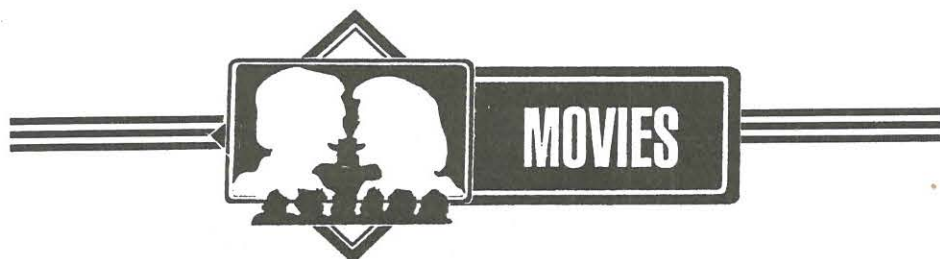
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Serving the area for 15 years, Siddhartha Indian Vegetarian Restaurant has earned their fame for the best Masala Dossa (lentil flour crepe filled with onions and potatoes). Choose from 12-15 vegetable curries of the day — vegetable pular (rice), assorted freshly made whole wheat breads — and delectable desserts (20-25 to choose from daily) and homemade yogurt drinks.



Bethesda Cinema 'N' Drafthouse
7719 Wisconsin Avenue
Bethesda, Md. 20814
(301) 656-3337

The Bethesda Cinema 'N' Drafthouse is today's unique concept in movie viewing. This 1938 Art Deco movie house incorporates comfortable seating, over four tiered levels as well as table service throughout each feature. Menu selections include pizza, sandwiches and desserts as well as popular beer and wine varieties. Current movie releases appear nightly on the giant screen at matinee prices. Patrons must be 21 years of age or be accompanied by parent to enter. Check your newspaper directory or call 301-656-3337 for features and showtimes.



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MWR notes

Volksmarch scheduled

On March 21, the Freestate Happy Wanderers will sponsor a 10-kilometer Guided Night Walk at 5:30 p.m. starting at Montgomery Blair High School football field, 313 Wayne Ave. (at Dale Drive), Silver Spring, Md. For additional information write Robert Heidenreich, P.O. Box 495, Laurel, Md. 20725; or call Larry B. Outerie at 301-622-6931.

Volksmarches are designed for people of average physical ability. The normal distance is 10 kilometers (6.2 miles) can easily be walked in approximately two hours. These non-competitive, recreational hikes, which are open to everyone, are sanctioned by the International Volksports Association (IVV). For a schedule of events or other information about Volkssporting in the mid-Atlantic region, write Bolling Air Force Base's "Potomac River Volksmarching Club," P.O. Box 19524, Alexandria, Va. 22320-0524; or call 202-483-1925.

Family Swim night

Every Friday evening from 6 until 8 is Family Swim night in Recreation Services'

heated indoor pool. Swim together as a family or play water basketball under the supervision of certified lifeguards. For more information, call Bryan Jackson, 301-295-0030.

Aerobics

Hour-long aerobic classes are offered every Monday, Wednesday and Friday beginning at 4:30 p.m. in the gym. The first class is free so drop-ins are encouraged. For more information, call Patti, 301-295-0031.

SCUBA classes

The Pentagon Diving Academy is sponsoring the fourth annual Scuba Awareness Program. This year's program is honoring our servicemen and women in Operation Desert Storm. Those attending are eligible to win trips to the Caribbean, an Orca Dive computer and free SCUBA equipment.

The academy is accepting applications for SCUBA classes. Students complete their five nights of class and indoor pool sessions within two weeks. Master Instructor Donald (Andy)

Anderson will be teaching the next indoor SCUBA course approved for college credit. The academy has a full line of modern gear for student use and offers inexpensive courses to military and civilian members of the community. For more information, call 301-736-4356.

Sports trivia:

Questions: Who are the only two mushers to win the 1,163-mile Iditarod Trail Sled Dog Race four times?

Last week's answer: George Gervin, Bob McAdoo, Neil Johnston, Wilt Chamberlain and George Mikan.

MWR hours

Gymnasium

Monday-Friday 6 a.m. to 8 p.m.

Saturday 11 a.m. to 6 p.m.

Sundays and Holidays-closed.

Pool

Monday — Friday 11 a.m. to 8 p.m.

Saturdays, Sundays and Holidays — closed.

Patrons can expect slight pool and locker fee increases. Nominal fees will also be charged for intramural sports. For fee information, call 295-0031.

Officers Club

On weekdays only, the Officers' Club is an all hands (officer, enlisted, civilian) operation in the Terrace Room for a buffet line lunch from 11 a.m. until 1:30 p.m. The club is still members only for dinner, brunch and lunch in the Shaffer Room.

Enlisted Club Update

Hours for the Enlisted Club are 3:30 p.m. to midnight, Monday thru Thursday and 3:30 p.m. to 1 a.m. on Friday. The grill hours are 4 p.m. to midnight Monday thru Friday. The club is closed Saturdays and Sundays.

Child Development Center

Monday through Friday, 6:50 a.m. to 4:45 p.m. (full time)

Well Child Waiting Center: Monday through Friday, 7:30 a.m. to 4:30 p.m.

Bowling Center

Sunday — 1 to 7 p.m.

Monday — 2 to 10 p.m.

Tuesday through Thursday — 4 to 11 p.m.

Friday — 4 p.m. to midnight; Rock-n-Bowl — 8 p.m. to midnight

Saturday — 11 a.m. to midnight; Moonlight Mania — 7 p.m. to midnight

USUHS Cafeteria

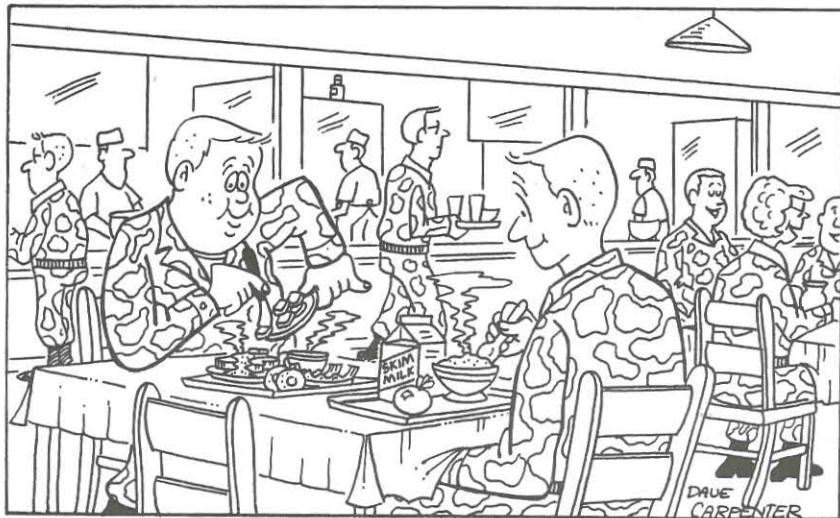
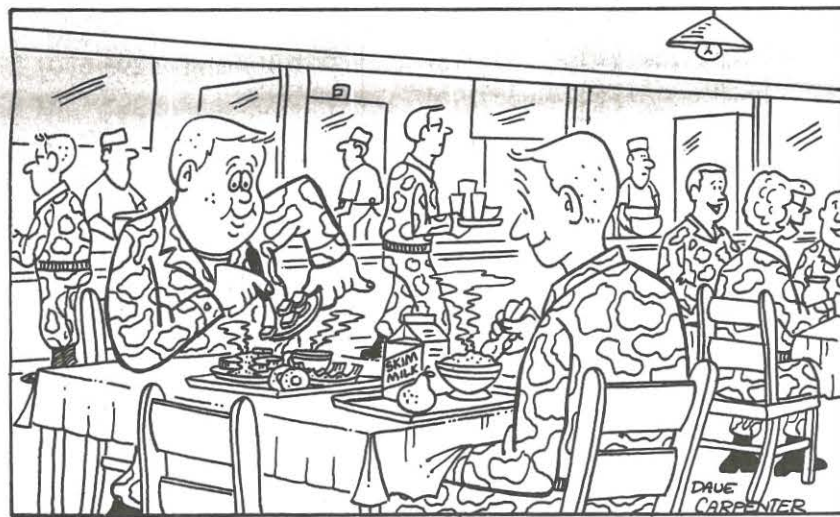
There will be no changes in the cafeteria operation.

Breakfast — Monday through Friday, 6:30 to 10 a.m.

Lunch — Monday through Friday, 11 a.m. to 2 p.m.

The MWR management realizes any changes a service-oriented department makes will be difficult for patrons. MWR will continue to inform all users of upcoming changes.

NIT-PIK-SIX



THE MOST IMPORTANT meal, according to nutritionists, is breakfast. A low fat, low cholesterol, bowl of whole grain cereal topped with skim milk and fruit is perfect. The artery-clogging plate of bacon, doughnut, and creamed beef with butter, may shorten chubby's life. Can you also pick out the six differences between these two seemingly identical drawings?

ANSWERS:

1) Canister missing off top shelf. 2) Number of items carried on tray. 3) Light bulb in ceiling. 4) Mess cook has turned. 5) Eyes on seated man in the background. 6) Fear changed to apple.

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CIVILIAN JOB OPPORTUNITIES

The NNMCM Civilian Personnel Office is located on the ground floor of Building 10. Office hours are 7:30 a.m. to 5 p.m., Monday through

Friday. For more information on these positions, updated weekly by CPO, call 301-295-6801 or 301-295-6804.

| Vacancy Number | Area of Consideration | Series/ Grade | Position Title | Location | Closing Date | Point of Contact | Phone |
|---|-----------------------|------------------|---------------------------------------|----------------|--------------|------------------|----------|
| Naval Medical Data Services Center | | | | | | | |
| 91-36 (JF) | | 4 GS-669-7/9/11 | Medical Records Librarian | Bethesda, Md. | Until Filled | J. Francis | 295-6804 |
| 90-86 (LH) | | 4 GS-332-3/4 | Computer Clerk | Bethesda, Md. | Open** | L. Stewart | 295-6801 |
| 90-206 (JF) | | 4 GS-334-7/9/11 | Computer Specialist | Bethesda, Md. | Open** | J. Francis | 295-6801 |
| 91-88 (JF) | | 4 GS-334-11/12 | Computer System Analyst | Bethesda, Md. | Open** | J. Francis | 295-6804 |
| Bureau of Medicine and Surgery | | | | | | | |
| 91-37 (JF) | | 4 GS-301-11 | Exect. Program Admin. Coord. | Wash., D.C. | Until Filled | J. Francis | 295-6804 |
| 90-240 (LS) | | 4 GS-204-4/5/6 | Military Personnel Tech. (T) | Wash., D.C. | Until Filled | L. Stewart | 295-6801 |
| 91-35 (JF) | | 4 GS-343-9/11/12 | Management Analyst | Wash., D.C. | Until Filled | J. Francis | 295-6804 |
| 90-195 (LS) | 4,5 | GS-318-4/5/6 | *Secretary (T) | All Act. | Open** | L. Stewart | 295-6901 |
| 90-133 (LH) | 4 | GS-322-2/3/4 | *Clerk/Typist | All Act. | Open** | L. Stewart | 295-6801 |
| Naval School of Health Sciences | | | | | | | |
| 90-244 (LS) | 4 | GS-2/3/4 | *Clerical Support Position (T/NT) | D.C., Va., Md. | Open | L. Stewart | 295-6801 |
| 91-67 (LS) | 4,10,12 | GS-350-3/4 | Copier/Duplicating Equipment Oper. | Bethesda, Md. | 3/22/91 | L. Stewart | 295-6801 |
| 91-66 (LH) | 4,5,10,11,12 | GS-1071-7/9/11 | AV Production Specialist | Bethesda, Md. | 4/19/91 | L. Hasty | 295-6801 |
| Naval Medical Research Institute | | | | | | | |
| 90-229 (JF) | 9 | GS-0018-12 | Safety & Occ. Health Mg. | Bethesda, Md. | Until Filled | J. Francis | 295-6804 |
| 90-258 (JF) | 4 | GS-404-6/7/9 | Bio. Lab Technician | Bethesda, Md. | Until Filled | J. Francis | 295-6804 |
| National Naval Medical Center | | | | | | | |
| 91-51 (PR) | 5/11/12 | GS-185-9/11 | Social Worker | Bethesda, Md. | 3/25/91 | P. Robinson | 295-6801 |
| 91-73 (LF) | 4 | GS-203-4/5/6/7 | Employee Devel. Asst. | Bethesda, Md. | 3/22/91 | L. Fetsko | 295-6801 |
| 91-68 (LF) | 4 | GS-303-4/5/6 | Accessions Clerk | Bethesda, Md. | 4/19/91 | L. Stewart | 295-6801 |
| 91-70 (LS) | 4 | GS-303-4/5 | Registration Clerk (T) | Bethesda, Md. | 4/19/91 | L. Stewart | 295-6801 |
| 91-71 (LS) | 4 | GS-303-4/5 | Registration Clerk | Bethesda, Md. | 4/19/91 | L. Stewart | 295-6801 |
| 90-230 (LS) | 4 | GS-305-4 | File Clerk | Bethesda, Md. | Until Filled | L. Stewart | 295-6801 |
| 90-195 (LS) | 4 | GS-318-4/5/6 | *Secretary (T) | All Act. | Open** | L. Stewart | 295-6801 |
| 91-08 (LS) | 4,10 | GS-322-4 | Clerk-Typist (PT) | Bethesda, Md. | Until Filled | L. Stewart | 295-6801 |
| 90-133 (LH) | 4 | GS-322-2/3/4 | *Clerk-Typist | All Act. | Open** | L. Hasty | 295-6801 |
| 90-250 (LS) | 7 | GS-322-4/5/6 | Computer Operator | Bethesda, Md. | Open | L. Stewart | 295-6801 |
| 90-242 (LS) | 7 | GS-385-5 | Teletypist | Bethesda, Md. | Until Filled | L. Stewart | 295-6801 |
| 91-69 (LS) | 4 | GS-525-4/5 | Accounting Technician (T) | Bethesda, Md. | 4/19/91 | L. Stewart | 295-6801 |
| 91-31 (DK) | 5,12,13 | GS-601-9 | Cytotechnologist | Bethesda, Md. | Until Filled | A.L. Wright | 295-6801 |
| 91-62 (PR) | 4,9,11,12 | GS-610-11 | *Clinical Nurse | Bethesda, Md. | Open** | P. Robinson | 295-6801 |
| 91-63 (PR) | 9,11,12 | GS-610-11/12 | *Nurse Specialist | Bethesda, Md. | Open** | P. Robinson | 295-6801 |
| 91-64 (PR) | 9,11,12 | GS-620-4/5/6 | *Practical Nurse | Bethesda, Md. | Open** | P. Robinson | 295-6801 |
| 90-69 (JF) | 5 | GS-622-5/6 | Medical Supply Technician | Bethesda, Md. | Until Filled | L. Hasty | 295-6801 |
| 90-261 (DK) | 9,11,12,13 | GS-648-8/9 | Therapeutic Radiologic Technologist | Bethesda, Md. | Until Filled | D. Keyes | 295-6801 |
| 90-207 (LS) | 7 | GS-679-4/5 | Medical Clerk (Typing/Nontyping) | Bethesda, Md. | Open** | L. Stewart | 295-6801 |
| 90-157 (JF) | 4,11 | GS-682-4/5/6/7 | Dental Hygienist (Part Time) | Bethesda, Md. | Until Filled | L. Hasty | 295-6801 |
| 91-49 (LF) | 4 | GS-962-5/6/7 | Contact Representative | Bethesda, Md. | 3/22/91 | L. Fetsko | 295-6804 |
| 91-52 (PR) | 4 | GS-1105-5/6/7 | Purchasing Agent (T) | Bethesda, Md. | 3/20/91 | P. Robinson | 295-6801 |
| 91-30 (DK) | 11 | WG-5823-10 | Automotive Mechanic (Temp NTE 1 year) | Bethesda, Md. | Until Filled | D. Keyes | 295-6801 |

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- (1) Activity-wide (command).
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- (3) All appointable employees of naval activities in the Washington, D.C. area.
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003 ANNOUNCEMENTS & NOTICES

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003 ANNOUNCEMENTS & NOTICES

004 PERSONALS

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The Journal

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Gaithersburg, MD 20877.

MAILING ADDRESS:

ATTN: Classified Dept.
Comprint Inc., 9030 Comprint Ct.
Gaithersburg, MD 20877.

HOURS:

Mon. - Fri. 9:00 am - 5:00 pm.

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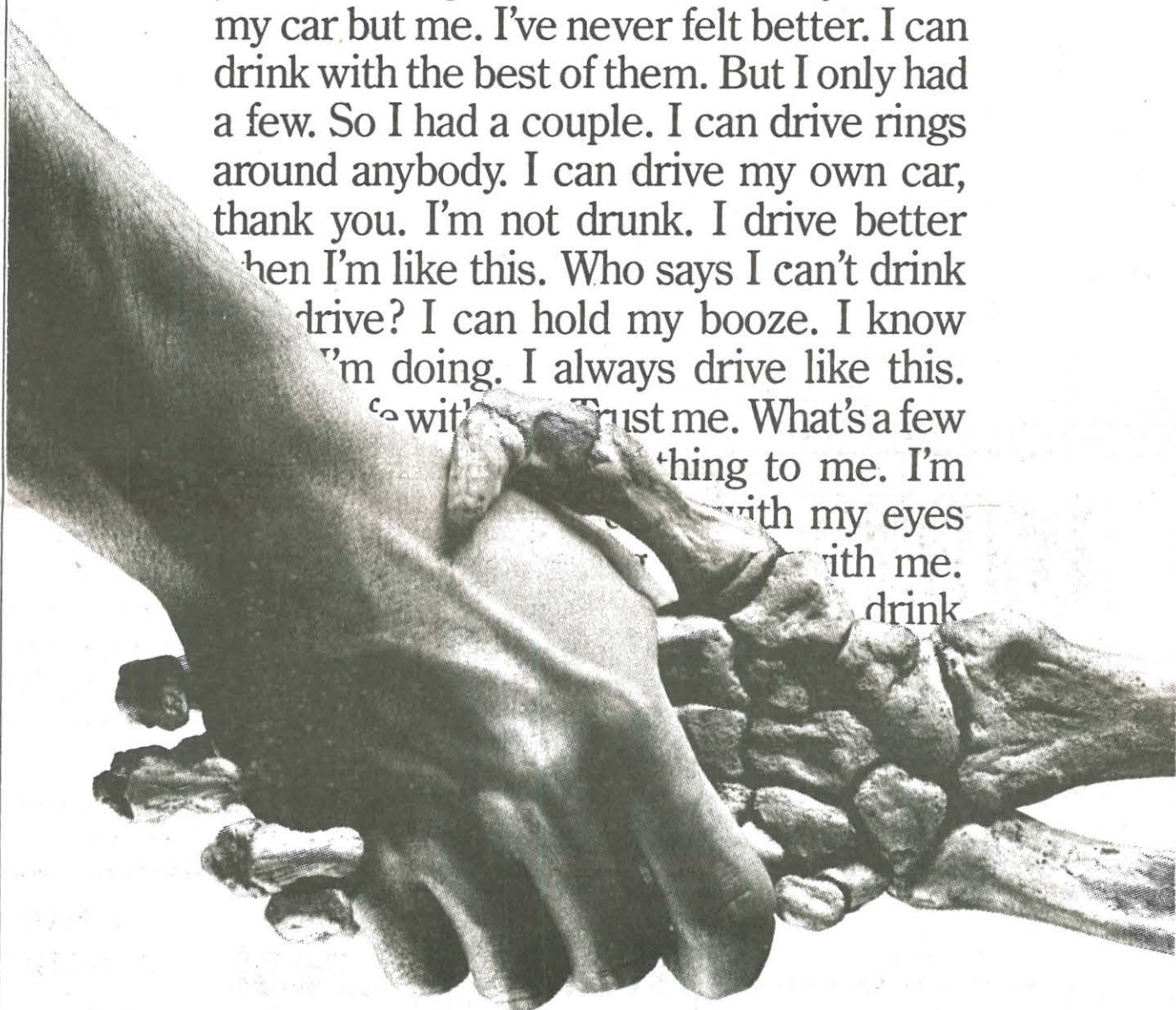
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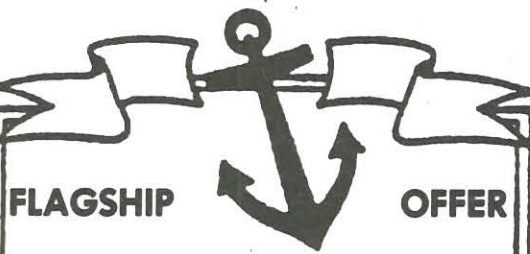


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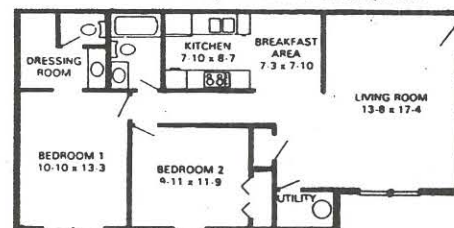
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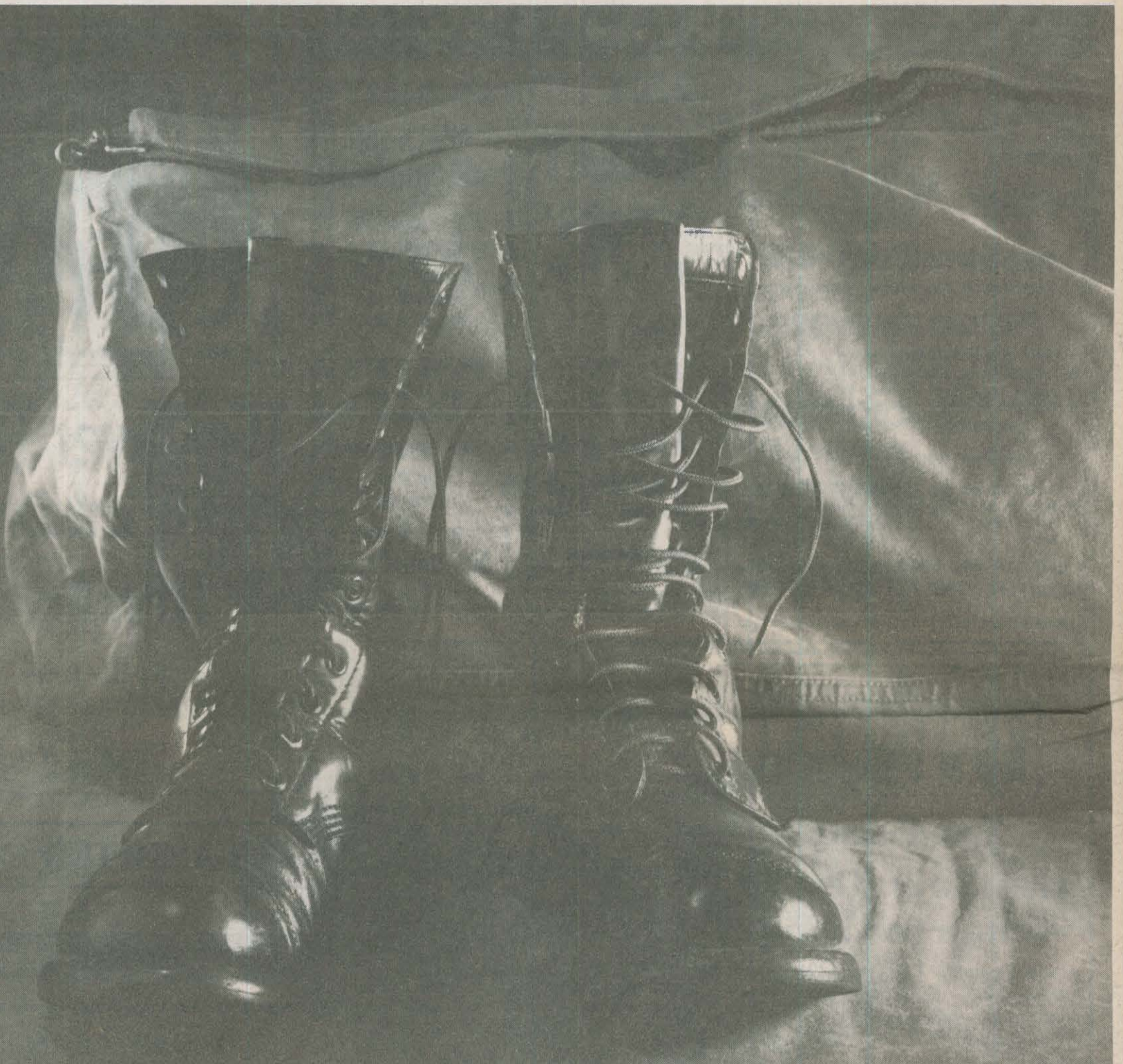
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